



# Transcend: Nine Steps to Living Well Forever

By Ray Kurzweil, Terry Grossman

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**Transcend: Nine Steps to Living Well Forever** By Ray Kurzweil, Terry Grossman

In *Transcend*, famed futurist Ray Kurzweil and his coauthor Terry Grossman, MD, present a cutting edge, accessible program based on the vanguard in nutrition and science. They've distilled thousands of scientific studies to make the case that new developments in medicine and technology will allow us to radically extend our life expectancies and slow the aging process.

*Transcend* gives you the practical tools you need to live long enough (and remain healthy long enough) to take full advantage of the biotech and nanotech advances that have already begun and will continue to occur at an accelerating pace during the years ahead. To help you remember the nine key components of the program, Ray and Terry have arranged them into a mnemonic: Talk with your doctor, Relaxation, Assessment, Nutrition, Supplements, Calorie reduction, Exercise, New technologies, Detoxification.

This easy-to-follow program will help you transcend the boundaries of your genetic legacy and live long enough to live forever.

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### Editorial Review

From Publishers Weekly

According to futurist Kurzweil (The Singularity is Near) and homeopathic medical doctor Grossman (The Baby Boomer's Guide to Living Forever), medicine is transforming into an information technology, which by its nature advances at an exponential rate. Thus, those interested in "radical life extension" must make it their immediate goal to live through the next 20 or so years, in order to see advances like DNA reprogramming and submicroscopic, cell-repairing robots. This "guide to Bridge One" outlines nine areas: talking with your doctor, relaxation, assessment, nutrition, supplementation, calorie reduction, exercise, new technologies, and detoxification. Familiar common-sense health advice abounds, but is practical and thorough; along with one to five cups of green tea each day, the authors provide low-cal recipes like Ginger Turkey Burgers and Herbed Zucchini. A detailed exercise routine for aerobic and weight training is also included. Kurzweil and Grossman, who last explored this subject together in 2005's *Fantastic Voyage*, also look at supplements, medical tests and hormone "optimization"; happily, chapters on calorie reduction and detoxification avoid trendy, potentially dangerous approaches. Whether or not it's true that, within two decades, we'll have the tools to live forever, this is an intelligent, optimistic guide to healthy living, with an intriguing view of medicine's future.

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### Review

"Ray Kurzweil knows more about the future of technology than anyone on the planet. If you want to have the greatest chance of seeing the next century, read *TRANSCEND* today." ?*Dean Ornish, MD, founder and president, Preventive Medicine Research Institute; clinical professor of medicine, University of California, San Francisco; author, The Spectrum and Dr. Dean Ornish's Program for Reversing Heart Disease*

"Kurzweil and Grossman have created another breathtaking book--a concise yet comprehensive guide to staying healthy and living life to the fullest. This visionary and must-read book also provides a brilliant and entertaining view of our transcendent future if we follow the *TRANSCEND* program." ?*Dean Kamen, physicist and inventor of the first wearable insulin pump, HomeChoice portable dialysis machine, iBOT Mobility System, and Segway Human Transporter, and recipient of the National Medal of Technology*

"*TRANSCEND* provides a comprehensive yet easy-to-read review of the latest scientific and medical research related to the process of aging and age-related diseases, which will eventually affect all of us. Ray and Terry present an insightful view of the remarkable future that awaits us through growth of technology, while providing the motivation today to stay in shape to enjoy this future. This extremely well researched book provides a vision and roadmap for keeping both body and mind healthy so that we can take advantage of future advances to prolong healthy lifespan." ?*Ron Kahn, MD, Mary K. Iacocca Professor, Harvard Medical School; former president and former director of research, Joslin Diabetes Center*

### About the Author

RAY KURZWEIL is one of the world's leading inventors, thinkers, and futurists. A recipient of the National Medal of Technology among many other honors, Kurzweil is the author of *The Age of Spiritual Machines*, *The 10% Solution for a Healthy Life*, and *The Age of Intelligent Machines*. He lives in Massachusetts.

TERRY GROSSMAN, MD , is the founder and medical director of Frontier Medical Institute in Denver, CO, a leading longevity clinic. Certified in anti-aging medicine, he lectures internationally on longevity and anti-aging strategies. Author of The Baby Boomers' Guide to Living Forever, Dr. Grossman lives in Colorado.

## Users Review

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The e-book with title Transcend: Nine Steps to Living Well Forever has a lot of information that you can study it. You can get a lot of benefit after read this book. This book exist new know-how the information that exist in this publication represented the condition of the world now. That is important to you to understand how the improvement of the world. This kind of book will bring you within new era of the global growth. You can read the e-book in your smart phone, so you can read the item anywhere you want.

#### Josephine Mares:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. In order to try to find a new activity that's look different you can read any book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book Transcend: Nine Steps to Living Well Forever it is very good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can move easily to read this book from a smart phone. The price is not to cover but this book possesses high quality.

#### Patricia Trevino:

The reason why? Because this Transcend: Nine Steps to Living Well Forever is an ordinary book that the inside of the e-book waiting for you to snap this but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such incredible way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I had been you I will go to the publication store hurriedly.

#### Patricia Beall:

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